



Becoming an **Outdoors Woman**

Outdoor Skills Workshop

May 2-4, 2003

Ross Camp – West Lafayette, Ind.

www.IN.gov/dnr/outdoorwoman

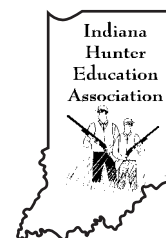
So you've never stepped foot in the woods. Or maybe you're a seasoned outdoor enthusiast. Either way, you'll have a wild time at Indiana's Becoming an Outdoors-Woman workshop. BOW is designed for women 18 years of age or older to learn outdoor skills in a relaxed, low-pressure, hands-on environment.

- ☀ Shoot aerial targets
- ☀ Net a trophy bass
- ☀ Snap wild photos
- ☀ Drive an ATV
- ☀ Cook over a campfire
- ☀ Call in a turkey
- ☀ Spot rare wild birds
- ☀ Craft a fur hat
- ☀ Paddle a canoe

It's up to you. Design your outdoor experience to match your interests.

DNR
INDIANA DEPARTMENT OF
NATURAL RESOURCES

GALYAN'S
SPORTS AND OUTDOOR ADVENTURE



Friday evening, May 2

- Personal Safety
- Fly Tying
- Firearms Safety
- From Stick to Staff
- Fish and Game Cleaning
- Overnight Backpacking
- Decoy Carving
- Backyard Wildlife and Bird Watching

Saturday afternoon, May 3

- Basic Shotgun
- Killer Kamping
- Basic ATV
- Basic Archery
- Basic Riflery and Handgun
- Trapping and Fur Craft
- Fly Fishing
- Muskie and Walleye Fishing
- Horseback Riding
- Wilderness Survival

Saturday morning, May 3

- Basic ATV Use and Safety
- Basic Shotgun
- Outdoor Cooking
- Basic Canoeing
- Turkey Hunting
- Fly Fishing
- Basic Riflery and Handgun
- Basic Archery
- Basic Fishing

Sunday morning, May 4

- Gun Care and Cleaning
- Mountain Biking
- Outdoor Photography
- Wild Edibles and Wildflowers
- Wildlife Habitat and Tracking
- Orient Yourself Outdoors
- Nature Journaling
- Horseback Riding
- Trout and Salmon Fishing
- Aquatic Insects and Hoosier Riverwatch:
Canary in a Coal Mine

Lodging at Ross Camp is barrack style (heated). Shower and toilet facilities are located in the barrack basements. Participants will need to provide their own mattress and linens including towels, pillows, bed sheets and blankets or sleeping bags. Tent camping is also available (bring your own); however, each participant will also be given a barrack assignment in case of inclement weather.

A confirmation will be sent about two weeks prior to the camp, which will include clothing recommendations and a map showing the route to the camp. All demonstration equipment will be provided.

Cancellation Deadline is April 4, 2003. If you cancel before April 4, you will receive a refund (minus \$20 processing fee). There are no refunds for registrants who cancel after April 4. However, you may send a substitute to the workshop to attend the same classes.

Scholarships: A limited number of funds are available for partial scholarships. Preference will be given to first-time participants who are full-time students, single-parents or low-income households. Please contact Theresa Mack at (317) 232-4010 for a scholarship application. Application deadline is March 31, 2003, or until registration is full. The scholarship form can be accessed at www.IN.gov/dnr/outdoorwoman/.

Course Descriptions

Register early – class space is limited

Firearms Safety

An introduction to different types of firearms and the basics of firearm safety. Includes information on selecting and purchasing firearms. Does not include any actual shooting. If you have attended this session in a prior year, it is not necessary to repeat the class. For information on upcoming Hunter Ed. courses, visit www.IN.gov/dnr or contact Theresa Mack (317-232-4010 or tmack@dnr.state.in.us). This class is a prerequisite for anyone taking any of the shooting classes who does not have a Hunter Education Certificate.

Archery - Learn how to select bows, arrows and other archery equipment with an emphasis on use of the bow for hunting. Participants can try out various archery equipment on the range.
*Prerequisite: Firearms Safety or hunter education certificate.

Aquatic Insects and Hoosier Riverwatch:

Canary in a Coal Mine - Dragonflies, damselflies, whirligig beetles, ... and West Nile virus?! The kinds of insects that spend their early life in water can tell us a lot about the quality of the environment around us. Learn how to use inexpensive collection equipment to capture and identify aquatic insects in streams and rivers near your home. Receive information on how to get involved with community efforts to identify and solve water quality problems in your neighborhood through volunteer monitoring in the Hoosier Riverwatch program.

ATV Use and Safety - Learn basic all terrain vehicle (ATV) safety and riding techniques. Learn how to ride over obstacles and what safety equipment is a must for riding an ATV. You will learn about the different types of ATV and which would be right for you. ATVs will be on hand to practice your newly-learned skills.

Backyard Wildlife and Bird Watching - Learn the basic habitat needs of wildlife and how to provide them in your backyard. Build a bird or bat house and locate it to attract residents. Select feeders and appropriate food, deal with predators and moochers; and certify your backyard as an official habitat with the National Wildlife Federation. Also, learn about birds and their habitats and where to find birds in Indiana. Learn about bird calls and songs, what they mean and how to identify birds by sound. You also will explore the equipment used for birdwatching. A birdwatching field trip will help put your new skills to use.

Basic Fishing - Get started in fishing. Learn how to care for and use fishing equipment. You'll also learn knot tying and casting skills as well as picking your fishing spot. You will go fishing during the course and participants will have the opportunity to use different types of fishing equipment and tackle during the session. Participants will acquire a basic knowledge of fish, fishing, equipment and the skills it takes to participate in the sport.

Basic Riflery / Handgun - Learn and practice basic positions for shooting rifles and handguns. Participants will be shooting at paper targets, dueling trees and falling block targets with small caliber rifles and handguns with emphasis on recreational shooting. Participants will sharpen skills with plenty of time on the shooting range. This is not a personal protection class.
*Prerequisite: Firearms Safety or hunter education certificate.

Basic Shotgun - Learn and practice basic shotgun techniques. Participants will enhance skills while shooting at aerial clay targets.
*Prerequisite: Firearms Safety or hunter education certificate.

Canoeing - Learn the skills to paddle a canoe through calm or rough waters. Practice basic paddling strokes and learn important safety rules. This class is a great introduction to the diverse sport of paddling, taking you from your first experience and transforming you into a confident paddler. Class is taught off site on a nearby lake and travel time is included in the class. Be prepared, you may get wet!

Decoy Carving - Learn the basic wood carving skills. Tool selection, wood choices and basic techniques will be taught while participants carve their own duck decoy.

Fish & Game Cleaning - Acquire basic techniques for field dressing birds, fish and small game for use in your favorite recipes.

Fly Fishing - Fly Casting is designed for the student with little or no knowledge of the mechanics of fly casting. Students will learn basic fly casting techniques and introduced to equipment needed for fly fishing. Basic knots necessary for fly fishing will also be taught. All casting will be done on dry land, although students will be challenged to take to the water. All equipment will be provided.

Fly Tying - Learn the basic tools, materials, and techniques to tie your own flies. Participants will tie common mid-western warm-water patterns while learning the fundamentals of fly tying.

From Stick to Staff - Create your own useful and attractive hiking staff. Also, learn how to use a hiking stick efficiently and learn the uses for a hiking stick other than just hiking. Participants will choose their sticks from the woods on sight and learn about different types of wood that make useful staffs.



Gun Care and Cleaning - A properly cared for gun is safer, more effective, will last longer and be more valuable. Learn how to clean, store and care for basic types of shotguns, rifles and handguns.

Horseback Riding - Learn techniques to calmly approach a horse, how to saddle a horse, basic care and opportunities for riding in state properties and other recreational areas. Participants will take a short supervised ride, but need not have any previous experience with horses.

Killer Kamping - The attraction of the outdoors can be overwhelming to first-time campers. Don't let worrying about where to go, what gear to buy, or other fears keep you from enjoying a night in your tent. Whether you are a new camper or you have been camping for years, we will teach you the basics necessary for a down right delightful camping experience. Learn how to select the appropriate camping gear for your needs. Discover the camping opportunities in Indiana. Learn good camp etiquette and cook a little something over a fire.

Muskie and Walleye Fishing - Learn how and where to catch a really big fish and tasty fish--muskellunge and walleye. The lures themselves are the size of fish you may be accustomed to catching. Learn how to cook these fish and have a sample of each flavor. Participants should already have a basic knowledge of fishing or take Basic Fishing.

Nature Journaling - Heighten your outdoor experiences and increase observation skills. Participants will enhance their ability to make accurate observations and identify natural objects through indoor and outdoor exercises. Learn an alternative way of appreciating and enjoying nature.

Mountain Biking - Learn how to select and ride a mountain bike. Participants will learn which size bike is right for them and the functions of the major parts of a mountain bike. Safety and what gear to bring with you will also be included with this course. Get on a bike and ride some trails to learn techniques for maneuvering. If you have your own bike and equipment, bring it along.

Outdoor Cooking - Bring your empty stomach and desire to learn. You will learn five different outdoor cooking techniques (dutch oven cooking, foil cooking, pie makers, cooking over an open fire and making and cooking in a box oven.) This class is VERY HANDS-ON, so be prepared to try each technique. We will have game dishes, vegetarian dishes and even desserts, as well as everyday dishes that you would love to get outdoors and cook for your own family. Everyone will also be able to take home recipes.

Outdoor Photography - Covers tricks and techniques for capturing nature in your photographs. Bring your own camera, as the class will be putting skills into action. The focus of this class is on composition and picture-taking skills, not camera operation.

Orient Yourself Outdoors - Learn the basics of orienteering with a map and compass as navigational tools. Besides its usefulness for hunting and other outdoor activities, this skill is a popular recreational activity in its own right.

Overnight Backpacking - Learn what to take along, and what to leave behind. Equipment selection for various comfort levels including tents, sleeping bags, cook stoves, backpacks, water purification methods and menu items will be explored. Includes camp sanitation and trail etiquette.

Personal Safety - Don't be afraid to walk alone on your favorite trail again. Learn how to protect yourself when enjoying the outdoors. This class will teach basic self-defense geared towards women. Instructors will lead by example and some participation will help you learn the moves.

Trapping and Fur Craft - Learn simple trapping skills, how to handle and tan hides and how to put furs to use by making a warm and fashionable fur hat. Gather ideas for making other fur crafts and garments. This course is taught by one of Indiana's most accomplished and knowledgeable female trappers.

Trout and Salmon Fishing - You don't have to go out west to go trout and salmon fishing—Indiana has these fish too! We'll teach you how to select or assemble the special baits and lures used for these fish and present them to catch a beauty. Participants should already have a basic knowledge of fishing or take Basic Fishing.

Turkey Hunting - Learn the basic skills needed to have a successful trip to the spring turkey woods. Hunting techniques, equipment selection, calling, safety and turkey biology will be covered.

Wild Edibles & Wildflowers - Walk through nature and identify plants and flowers, discovering their many uses.

Wilderness Survival - Learn vital survival techniques for varying terrain and weather conditions. Acquire knowledge and skills in planning, preparation and equipment to be safe in an outdoor setting.

Wildlife Habitat and Tracking - Learn about Indiana's diverse wildlife and where to find it. Learn about animal behavior and how to read the subtle signs that animals leave behind. Make plaster casts of animal tracks and explore the camp using your new-found tracking skills.

DNR

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